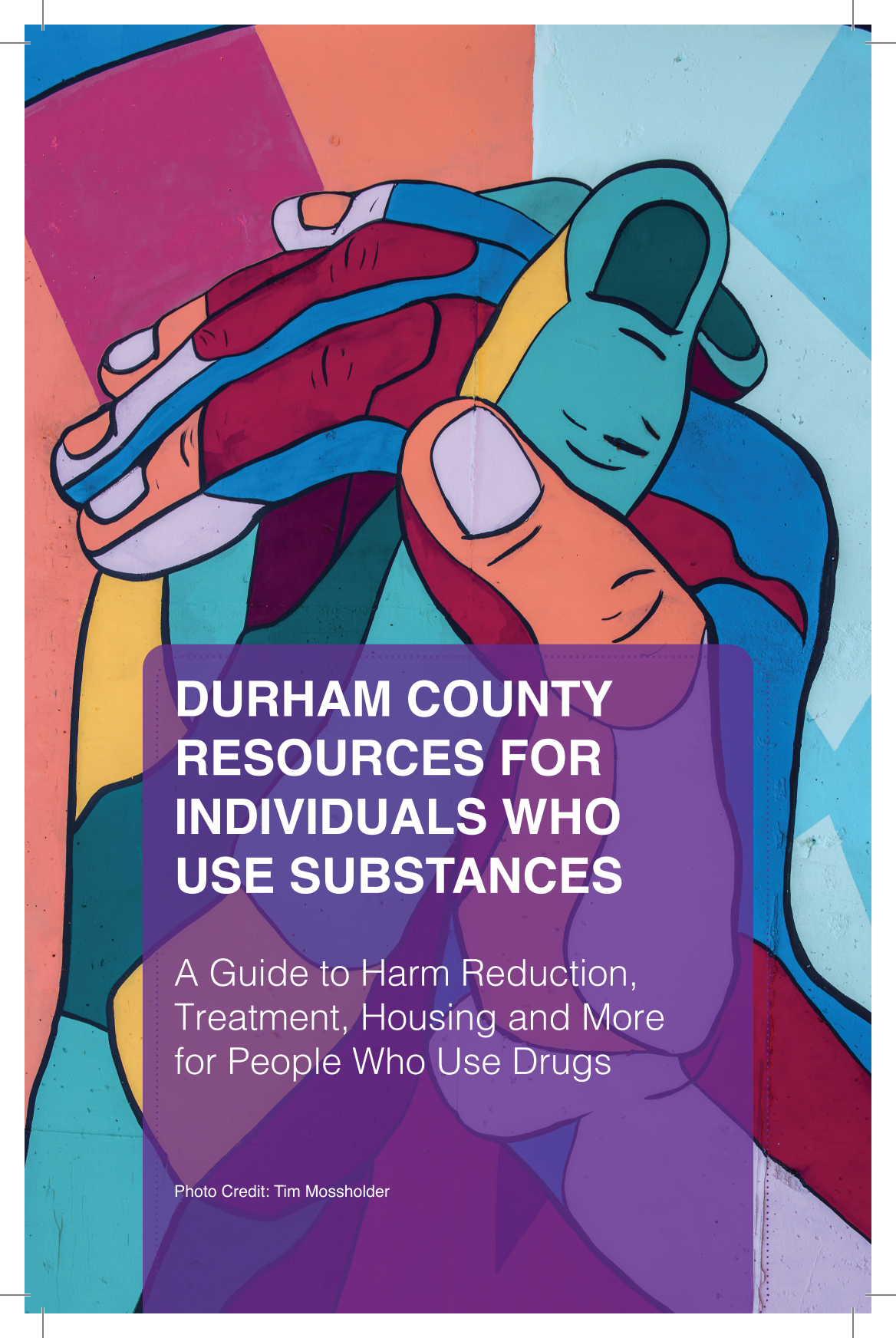




DURHAM COUNTY RESOURCES FOR INDIVIDUALS WHO USE SUBSTANCES

A Guide to Harm Reduction,
Treatment, Housing and More
for People Who Use Drugs

Photo Credit: Tim Mossholder



INTRODUCTION

In 2022, the Durham County Department of Public Health completed a community-wide, door-to-door survey to understand health issues affecting Durham County. People reported mental health and substance use as important issues that impact quality of life in Durham. This guide was developed to help Durham community members identify resources that can support the health and dignity of people using substances.

This resource was developed with support from the state of North Carolina through the Community Linkages to Care for Overdose Prevention and Response grant and updated with support from the National Opioid Settlements. This guide does not provide a full list of all health facilities and organizations in Durham. It highlights places ready to assist people with limited money and resources. If you or someone you know is seeking support, know that there are local services and resources for people using drugs to increase their wellbeing through a spectrum of strategies, including safer techniques, managed use, and abstinence.

This guide and other information about Durham County resources are available through the Durham County Department of Public Health:
<https://dconc.gov/SubstanceUse>

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What is substance use disorder & how is it treated?

A substance use disorder (SUD) is use of alcohol or drugs that is a chronic, relapsing disease. Often SUD is a repeated pattern of substance misuse leading to clinically significant impairment or distress. SUD develops gradually over time and may cause changes in the brain.

Most treatment programs assign patients to a treatment team of professionals. Depending on the type of treatment, teams can be made up of social workers, counselors, doctors, nurses, psychologists, psychiatrists, or other professionals. It's important to remember that treatment looks different for everyone and should be based upon their individual goals. Typical forms of treatment can include reducing harms with ongoing use, the use of medications (with or without counseling) and abstinence. Recovery and treatment are not static, and goals of the individual may change over time.

Peer Support Services

Peer Support Specialists are people who have lived experience with substance use or mental illness. They are trained to support people and help connect them to services such as treatment, harm reduction, housing, job resources, and transportation. If you are not sure how to use this guide or where to begin your recovery journey, peer support specialists are a good place to start.

Community Linkages to Care (CLC) Peer Support Program

Provided by Durham County Department of Public Health and RI International. Services are free of charge.
919-695-3246 or 919-560-7305
Ask to speak with Durham Outpatient Peers
<https://dconc.gov/CLC>

Durham Wellness City

Provides individual and group peer support, physical fitness, education, and socialization. Peer support services are free of charge.
2609 N. Duke Street, Suite 304
919-687-4041
<https://riinternational.com/listing/durham-wellness-city>

Southlight Healthcare

1201 N. Roxboro Street
919-787-6131
<https://www.southlight.org>

Milestones Healthcare Services

3505 N Roxboro Street
919-237-3825
<https://www.milestoneshealthcare.com>

Crisis & Information Services

Duke Behavioral Health North Durham at Duke Regional Hospital

Emergency Department open 24 hours a day, 7 days a week
3643 N Roxboro Street #6
Adult Psychiatry: 919-470-4018
Pediatric Psychiatry: 919-470-4017

Durham Recovery Response Center

RI's behavioral health crisis facility and 23-hour observation unit
309 Crutchfield Street
919-560-7305
<https://riinternational.com/listing/recovery-response-center-durham>

Alliance Health

Crisis help, mobile crisis team services, and help finding treatment providers and other resources for mental health and substance use
24-Hour Behavioral Health Crisis Line: 877-223-4617
<https://www.alliancehealthplan.org>

Never Use Alone Hotline

Overdose prevention, crisis response, and medical intervention services for people who use drugs while alone
24-Hour Helpline: 877-696-1996 or 800-484-3731
<https://neverusealone.com>

Durham Crisis Response Center

Provides free and confidential services to survivors of domestic, sexual, and family violence and human trafficking
24-Hour Helpline: 919-403-6562
<https://thedcrc.org>

988 Suicide and Crisis Lifeline

24-Hour Helpline: 988
<https://988lifeline.org/get-help>

NC 211

Statewide information and referral system for health and human services
888-892-1162
<https://www.nc211.org>

Durham Network of Care

Online directory of services & resources
<https://durham.nc.networkofcare.org>

Locations that Offer Medication-Assisted Treatment (MAT)

At the time of printing, each of these locations can provide treatment for Medicaid-funded individuals. Several can accommodate uninsured individuals and can provide free services to individuals who are unable to pay. Contact each location for the most up-to-date details on payment options.

B&D Integrated Health Services

249 NC Highway 54, Suite 320
919-907-3334
<http://bdintegratedhealth.com>

Durham Recovery Response Center – Outpatient Program

309 Crutchfield Street
919-560-7305
<https://riinternational.com/listing/recovery-response-center-durham>

Lincoln Community Health Center

1301 Fayetteville Street
919-956-4057
<http://lincolnhc.org>

Morse Clinic of Durham

Approved to offer methadone
4119 Capitol Street
919-294-9621
<https://www.morseclinics.com>

New Season Treatment Center

Approved to offer methadone
1913 Lamar Street
New Patients: 877-284-7074
Existing patients: 919-286-1509
<https://www.newseason.com>

Reliable Health Services, Inc

2634 Durham-Chapel Hill Boulevard, Suite 204
919-596-9479
<https://reliablehealthservices.com/>

Hope Centre for Advancement

701 Morreene Road
919-383-0426

BAART

Approved to offer methadone
800 North Mangum Street, Suite 400
919-683-1607
<https://baartprograms.com/baart-durham>

Freedom House

400-D Crutchfield Street
833-800-1505
<https://freedomhouserecovery.org>

Radical Healing

LGBTQ+ and BIPOC-centered, multiracial and multicultural campus
2003-2011 Chapel Hill Road
919-899-2640
<https://radicalhealing.co>

Triad Behavioral Resources

Fully virtual/telemedicine services
910-765-1003
<https://triadbehavioralresources.com>

What is medication-assisted treatment?

Medication-assisted treatment (MAT) is the use of medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders.

Medications used in MAT relieve withdrawal symptoms and cravings. They are approved by the Food and Drug Administration (FDA) and include medications for opioid use disorder (MOUD) and medications for alcohol use disorder (MAUD). MOUD includes methadone and buprenorphine containing medications such as Suboxone.

Research shows that a combination of medication and therapy can successfully treat substance use disorders. People can stay on MAT to help sustain recovery. MOUD can reduce the risk of opioid overdose.

Other Therapy & Counseling Providers

Brave Health

A virtual behavioral health practice
4819 Emperor Boulevard, Suite 400
704-272-2232
<https://bebravehealth.com/>

Carolina Community Support Services

4324 S Alston Avenue, Suite 113
919-682-5777
Crisis line: 919-673-1684
<https://www.carolinacss.com>

Carolina Outreach

2670 Durham Chapel Hill Boulevard
919-251-9001
919-251-9009 (Behavioral Health Urgent Care)
<https://carolinaoutreach.com/>

Durham County Justice Services Department

326 East Main Street
919-560-0500
<https://dconc.gov/justice-services>

El Futuro – Durham

Services for 1st and 2nd generation Latino families in a bilingual environment
2020 Chapel Hill Rd., Suite 23
919-688-7101
<https://elfuturo-nc.org/>

Upward Change Health Services, LLC

2003 East NC Highway 54
919-682-5300
<http://upwardchangeservice.com/>

Sunrise Clinical Associates

3500 Westgate Drive, Suite 604
919-493-5013
<https://www.sunriseclinicalassociates.org>

FindTreatment.gov

Search by zipcode to find more treatment provider options
<https://findtreatment.gov>

Other MOUD Providers

Duke Outpatient Clinic

Provides primary care services and MOUD
4220 N Roxboro Street
919-471-8344

Durham County EMS MOUD Program

Helps people who have overdosed and others in the community begin MOUD and get connected to a provider that can provide long-term care
919-560-8223
communityparamedic@dconc.gov

Project MAPS (Mobile Addiction Treatment and Primary Care Services)

Mobile medical clinic provides MOUD and primary care services in partnership with Durham Tech, NC Harm Reduction Coalition, and Open Table Ministries
910-248-3031
youngw@durhamtech.edu



Resources for Pregnant & Parenting People

Alcohol Drug Council of North Carolina

Provides information and referrals to alcohol and drug treatment for pregnant and parenting women
800-688-4232
<https://www.alcoholdrughelp.org/>

CASCADE at Durham - Community Alternatives, Inc.

Transitional housing and substance use treatment for pregnant women and women with children under 11 years old
2634 Durham-Chapel Hill Boulevard, Suite 011
919-490-6900
<https://comalt.org/cascade%40durham>

Exchange Family Center

Provides support and training for families, caregivers, and childcare professionals
3400 Croasdaile Drive, Suite 206
919-403-8249
<https://www.exchangefamilycenter.org>

Resources for Adolescents

Duke Center for Adolescent and Young Adult Substance Use Treatment

2608 Erwin Rd, Suite 300
919-681-2091
<https://www.dukehealth.org/treatments/child-psychiatry/substance-use-disorder-children-and-teens>

Mental Health Services in Durham Public Schools

Durham Public Schools offers co-located mental health (CLMH) services to students. Community mental health providers contract with DPS to provide services to students within school buildings during the school day.
919-560-2000 ex. 26806 or 35733
<https://www.dpsnc.net/o/dps/page/mental-health-services>

911 Good Samaritan Law

<https://www.rowancountync.gov/1884/Good-Samaritan-Law>

Under North Carolina's Good Samaritan Law you may not be prosecuted for certain drug offenses if:

- You seek medical assistance for someone experiencing a drug-related overdose by contacting the 911 system, a law enforcement officer, or emergency medical services personnel.
- You believe that you are the first person to seek medical assistance for the overdose victim.
- You provide your name to the 911 system or to a law enforcement officer upon arrival.
- Law enforcement officers were not already at your location executing an arrest warrant, search warrant, or other lawful search.
- Any evidence for prosecution of a drug-related offense obtained by law enforcement authorities was obtained because you sought medical assistance for a drug-related overdose.



Where to Access Naloxone, Syringe Services, and Other Harm Reduction Services

Naloxone is a medicine that rapidly reverses an opioid overdose. The following programs provide free access to naloxone. Programs with a star (*) also provide free safer drug use equipment like sterile syringes, hygiene materials, safer snorting and sniffing supplies, drug checking strips, and more. Participants receive confidential, anonymous services. Exchange of used syringes is possible, but not required.

Durham County Department of Public Health*

A free naloxone vending machine is in the main lobby of the Durham County Human Services Building. Sterile syringes, naloxone and other supplies can be obtained in the pharmacy.
414 East Main Street
919-560-7632
<https://dconc.gov/SafeSyringe>

Durham County Harm Reduction Program*

Provides naloxone, sterile syringes, and other supplies for individuals and organizations who wish to distribute these items to community members.
919-998-8152 (call or text for mobile delivery)
mculver@dconc.gov

NC Harm Reduction Coalition Durham Needle Exchange*

Distributes sterile syringes, naloxone, and other supplies.
Loftin Wilson - loftin@nchrc.org
919-370-0671
<https://www.nchrc.org>

Durham County EMS Community Paramedics

Distributes naloxone and other supplies, but not syringes.
919-560-8223
communityparamedic@dconc.gov

Durham County Detention Facility

A free naloxone vending machine is located at the main entrance. The facility is accessible 24/7.
219 S Mangum Street

Some local pharmacies also offer naloxone over the counter. Call before going to check availability and cost. To find more information about how to use and where to access naloxone visit <https://youcansavelives.org>.

Medication Drop Box Locations

Durham County Justice Center

510 South Dillard Street

Durham Police Department District 2

5285 North Roxboro Road

Durham Police Department District 3

8 Consultant Place

Durham Police Department Headquarters

602 E Main Street

Carolina Behavioral Care Pharmacy

4102 Ben Franklin Road

NCCU Police Station Headquarters

2010 Fayetteville Street

Durham County Department of Public Health

414 East Main Street

Duke Campus Center Pharmacy

305 Towerview Drive

Risk Factors for Overdose

Overdose risk is higher if:

1. You have a low tolerance due to:
 - Not using this drug before
 - Stopping use for a while for any reason (hospitalization, incarceration, etc.)
2. There are unknown substances in your drugs like fentanyl or xylazine
 - Fentanyl is a very powerful opioid and is the cause of most overdose deaths
 - Xylazine is a tranquilizer that can cause painful wounds and loss of consciousness
 - BOTH are present in all kinds of drugs like heroin, pressed pills, amphetamines, cocaine, crack, etc.
3. You mix different drugs like opioids with benzos (Xanax, Valium, etc.) or alcohol, or mix different opioids like fentanyl and heroin

Responding to an Opioid Overdose

1. Recognize signs of overdose:
 - Slow or no breathing
 - Snoring, gurgling, or choking sounds
 - Nose or fingertips look gray, blue, or purple
 - Not responsive to talking or firmly rubbing their chest bone
 - Extremely pale, cold, or clammy skin
2. If you see these signs, **CALL 9-1-1**
3. Give nasal naloxone
 - Tell them "I'm going to give you naloxone"
 - Tilt their head back and place the nozzle completely in their nostril
 - Firmly press the plunger all the way in to spray the medication into their nose
4. Give rescue breaths
 - Keep their head tilted back to ensure airway is open
5. If after three full minutes of rescue breaths they aren't breathing on their own again, give them another dose of naloxone, then return to rescue breathing. Once the person is breathing on their own, put them into the recovery position.
6. Stay with them until help arrives.

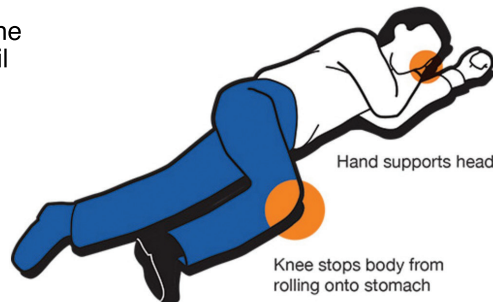


Image: <https://prevent-protect.org/>

Overdose Prevention

- Keep medication, drugs, and drug works in a safe, private place.
- **Never use drugs alone.** Have a friend with you or call the Never Use Alone Overdose Prevention Line at 877-696-1996.
- Make sure everyone has naloxone and knows where it is and how to use it.
- Only use one substance at a time. If mixing, use less of both.
- Go slow; use a small amount first.
- Test your drugs before you use them! Fentanyl and Xylazine test strips can tell you if either are present in your drugs.

Prescription Medicine Safety Tips

- Take medicine as prescribed by your practitioner – don't take it more often or a greater amount than directed
- Never mix pain medicines with alcohol, benzodiazepines, or illicit substances
- Never take anyone else's medication
- Prevent children and pets from accidental ingestion by storing your medication out of reach
- Dispose of unused medication safely (See list of medicine drop boxes on page 7 in this guide)

Recovery & Support Resources

Recovery Community of Durham
1209 North Elizabeth Street
919-641-9988
<https://recoverycommunityofdurham.org/>

Tri-County Intergroup
919-783-8214
<https://raleighaa.com/>

North Carolina Alcoholics Anonymous
24-Hour Helpline: 919-783-6144
<http://www.aanc32.org/>

Narcotics Anonymous meeting search
818-773-9999
<https://www.na.org/meetingsearch/>

Other 12-Step Fellowship Meetings
888-401-1241
<https://meetings.intherooms.com/#>

Crystal Meth Anonymous
24-Hour Helpline: 855-638-4373
<https://www.crystallmeth.org>

SMART Recovery Meetings
440-951-5357
<https://smartrecovery.org/meeting>

Resources for Sexually Transmitted Infections Testing and Treatment

People who inject drugs may be at a greater risk for HIV, Hepatitis C, and other sexually transmitted infections and may need to be tested more often than other people.

Durham County Department of Public Health

414 East Main Street
STI and HIV Prevention Clinic:
919-560-8819

North Carolina Dept. of Health and Human Services - HCV Linkage to Care
Hepatitis C Linkages to Care
Bridge Counselor: Kayla Ellis,
984-236-1477

Lincoln Community Health Center

1301 Fayetteville Street
919-956-4057
<http://lincolnhc.org/>

Planned Parenthood - Durham Health Center

105 Newsom Street, Suite 101
919-286-2872

Samaritan Health Center

3205 University Drive, Suite 107
919-407-8223
<https://www.samaritanhealthcenter.org>

Radical Healing

LGBTQ+ and BIPOC-centered,
multiracial and multicultural campus
2003-2011 Chapel Hill Road
919-899-2640
<https://radicalhealing.co>



Safer Injection Practices

Using a new, sharp, sterile needle and syringe for every injection and then disposing of it is the safest possible way to go. New needles and syringes are sterile as opposed to simply clean, which means they're free of all biological matter that can cause infection. Dull needles can damage veins and surrounding tissue, causing increased bleeding.

Following safer injection practices can help prevent you from becoming infected with HIV or the Hepatitis C Virus. It can also protect you from bacterial infections, such as endocarditis (a heart infection) and skin infections such as cellulitis and abscesses.

- Before injecting, clean the area with an alcohol pad by rubbing in one direction and letting dry.
- Always use a new rig and equipment. Even if you never share, it's important to use new equipment to prevent bacterial infections.
- Use sterile water.
- Use cotton filters, not brittle filters like cigarette filters.
- Don't lick your rig, this can introduce bacteria.
- Use gauze to press on injection site to stop bleeding (alcohol wipes prevent clotting).
- Rotate your injection sites, don't use the same site more than once every couple of days.

Wound Care

It is important for people who use drugs to have access to adequate health care to attend to wounds that may be caused by intravenous drug use. A variety of first aid materials, including bandages, gauze, and antibiotic ointment, are important to prevent infection and promote healing.

Signs that you might have a skin infection include:

- Raised skin that is tender or painful
- An area that is warm to the touch
- Hardened tissue
- Possible drainage of pus
- Redness or rash
- Fever

If you are experiencing any of these, it is important to get medical attention as you may need an antibiotic. Avoid injecting near an abscess, and don't try to lance an abscess on your own.



Homeless Shelters

To enter Urban Ministries of Durham or Families Moving Forward, first call **Entry Point Durham** (formerly Coordinated Entry) at 984-287-8313.

Urban Ministries of Durham

Homeless shelter offering food, shelter, clothing, and supportive services
410 Liberty Street
919-682-0538
<http://www.umdurham.org/>

Families Moving Forward

Homeless shelter for families with children
300 North Queen Street
919-683-5878
<https://fmfnc.org>

Durham Rescue Mission

Homeless shelter and addiction recovery program
1201 East Main Street (Men)
507 East Knox Street (Women and Children)
919-688-9641
<http://www.durhamrescuemission.org>

Housing for New Hope

Provide housing, outreach and services for those facing housing insecurity
18 West Colony Place, Suite 250
919-489-6282
<https://www.housingfornewhope.org/>

Recovery Housing

Magnolia's Recovery and Transitional House

Transitional (short-term) housing for women in recovery from substance use disorder
1110 Red Oak Avenue
919-308-1332 or 919-452-5356
magnoliasrecoveryhouse@gmail.com

TROSA

Two-year housing and employment program for people in recovery from substance use disorder
1820 James Street
919-419-1059
<https://www.trosainc.org>

Freedom House

Transitional (short-term) housing, treatment, and recovery services for people with substance use disorder
Men's House: 529 Holloway Street
919-425-5472
Women's House: 407 Salem Street
919-957-7386
<https://freedomhouserecovery.org/>

Oxford House

Self-run, self-supported recovery houses providing long-term housing for people in recovery from substance use disorder
For the address and phone number of each Oxford House in Durham:
<https://www.oxfordvacancies.com/>
For general information on Oxford House:
(336) 250-9370
<https://oxfordhousenc.org>

Just a Clean House

Long-term housing for men in recovery from substance use disorder
919-381-9494
<https://www.justacleanhouse.com>

For a more comprehensive list of homeless shelters and recovery housing options, check out the resource "Durham County Housing Options for People with Substance Use Disorder" at <https://dconc.gov/SubstanceUseResources>.

Substance Use Prevention Resources

Together for Resilient Youth (TRY)
919-491-7811
<https://try4resilience.org>

Center for Child and Family Health
1121 West Chapel Hill Street,
Suite 100
919-419-3474
<https://www.ccfhnc.org/>

Opioid Abatement Coordinating Center at NC Central University
919-530-6893
<https://www.nccu.edu/oacc>

Other Resources to Support Social Determinants of Health

Triangle Empowerment Center
Provide food assistance, housing, and other individual & family support
112 Broadway Street, Suite B
800-806-3558

Nehemiah Christian Center
Offers access to computers, cell phone charging stations and restrooms
514 North Mangum Street
919-688-4203
<https://www.visitncc.com/>

LGBTQ Center of Durham
Offers gender support, housing navigation, and mental health resources for LGBTQ+ individuals
1007 Broad Street
919-827-1436
<http://www.lgbtqcenterofdurham.org>

StepUp Durham
Offers free employment training, referrals, and supportive services to job seekers
112 Broadway Street, Suite B
919-813-0207
<https://www.stepupdurham.org>

Grace Outreach Enrichment Ministry
Provides clothing, food resources, and other services. Contact for hours and locations.
919-423-3215
<https://goemdaily.com>

Open Table Ministry
Provides free clothing, personal items, mail services, resource navigation, White Flag Nights shelter, and housing assistance. Contact for info on outreach events and walk-in hours
215 N. Church Street
919-412-7011
<https://www.opentableministry.org>

Fresh Start Durham
Provides free showers, haircuts, and supplies
<https://freshstartdurham.com>

Uplift Laundry Truck
Provides free laundry services and supplies
919-213-0016
<https://upliftlaundrytruck.org>

Hayti Reborn Justice Movement
Connects residents from marginalized communities with employment training and resources, mentoring, re-entry services, substance use support, and other resources
2634 Durham-Chapel Hill Blvd, Ste. 216
984-250-6208
<https://www.hrjm.org>

Local Food Assistance Services

End Hunger Durham
<https://www.endhungerdurham.org/food-pantries>

Food Bank of Central Eastern NC
<https://foodbankcenc.org/food-finder>

Durham Area Food Resources Map
<https://durham-area-food-resources-durhamnc.hub.arcgis.com>

Durham Community Fridges
Free food available at two locations 24 hours a day, 7 days a week
1902 W. Main Street
1901 Chapel Hill Road
<https://www.durhamcommunityfridges.com>

Durham Joins Together to Save Lives



Together for Resilient Youth



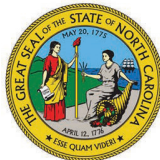
Public Health

Durham County Department of
Public Health



Please use the QR Code above or visit
<https://dconc.gov/SubstanceUseResources> to access this resource guide online.

If you have questions or feedback, or if you would like to fill out
an evaluation of this resource guide, visit:
<https://forms.office.com/g/jCGibntzU2>
or call (919) 560-7760



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

North Carolina Department of Health and Human Services
Chronic Disease and Injury Section
Injury and Violence Prevention Branch

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